CHAPTER SIX

HORNEY AND RELATIONAL THEORY:
INTERPERSONAL PSYCHOANALYTIC THEORY

Chapter Overview

- INTERPERSONAL PSYCHOANALYSIS: HORNEY
  - Basic Anxiety and Basic Hostility
  - Three Interpersonal Orientations
    - Moving toward People: The Self-Effacing Solution
    - Moving against People: The Expansive Solution
    - Moving away from People: The Resignation Solution
    - Healthy Versus Neurotic Use of Interpersonal Orientations
  - Major Adjustments to Basic Anxiety
    - Eclipsing the Conflict: Moving toward or against Others
    - Detachment: Moving away from Others
    - The Idealized Self: Moving away from the Real Self
    - Externalization: Projection of Inner Conflict
Chapter Overview

INTERPERSONAL PSYCHOANALYSIS: HORENY CONT.
- Secondary Adjustment Techniques
- Cultural Determinants of Development
- Gender Roles
- Cross-Cultural Differences
- Therapy
- Self-Analysis
- Parental Behavior and Personality Development

THE RELATIONAL APPROACH WITHIN PSYCHOANALYTIC THEORY
- The Sense of Self in Relationships
- Narcissism
- Attachment in Infancy and Adulthood
  - Infant Attachment
  - Adult Attachments and Relationships
  - Longitudinal Studies of Attachment
- Parenting
- Therapy

Preview of Horney's Theory and Object Relations Theory

| Individual Differences | Horney differed in the way she defined herself in relationships. Healthy interpersonal relationships are a key to adjustment, and they are based on acceptance of the true self instead of some inferior ideal. Self-awareness leads to self-analysis, which can be an important supplement to the traditional therapy. Self-awareness can lead to growth. Developmental and object relations theories are notating specific cognitions, such as those related to creation, culture, and social roles. The self is very important in shaping personality, especially through social roles.
| Adaptation and Adjustment | Healthy interpersonal relationships are key to adjustment, and they are based on acceptance of the true self instead of some inferior ideal. Self-awareness leads to self-analysis, which can be an important supplement to the traditional therapy. Self-awareness can lead to growth. Developmental and object relations theories are notating specific cognitions, such as those related to creation, culture, and social roles. The self is very important in shaping personality, especially through social roles.
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| Development | Horney differed in the way she defined herself in relationships. Healthy interpersonal relationships are a key to adjustment, and they are based on acceptance of the true self instead of some inferior ideal. Self-awareness leads to self-analysis, which can be an important supplement to the traditional therapy. Self-awareness can lead to growth. Developmental and object relations theories are notating specific cognitions, such as those related to creation, culture, and social roles. The self is very important in shaping personality, especially through social roles.
Karen Horney

- Born in Germany in 1885
- Authoritarian sea captain
- Lutheran father
- Studied medicine at the University of Freiburg
- Established the Berlin Psychoanalytic Institute in 1920
- Moved to the US in 1932 to practice psychoanalysis
- Studied Zen Buddhism
- Died in 1952

Basic Anxiety and Basic Hostility

Basic Anxiety: Feeling lonely and helpless in a hostile world

Basic Hostility: Must be repressed for survival and security

- Dependency
- Fear of parents
- Fear of loss of love

Horney's Model of Neurotic Conflict

The child, needing to be loved, wants to move towards the parents but fears rejection. The child also feels hostility and wants to respond by moving against the parents but fears punishment. The child may give up and move away from the parents.
Three Interpersonal Orientations

Moving Toward (Self-effacing Solution)
Moving Against (Expansive Solution)
Moving Away (Resignation Solution)

Measurement of Interpersonal Orientation: The Cohen CAD Scale

Moving Toward: Compliance Scale
- “To have something good to say about everyone seems...”
- “For me to have enough money or power to impress self-styled “big shots” would be...”
- “Being free of social obligations is...”

Moving Against: Aggression Scale

Moving Away: Detachment Scale

“The Self-effacing Solution”
- Needs affection and approval
- Needs a partner (friend; spouse; lover)
- Undemanding and compliant
- Lives life within narrow borders
- Manipulative demands
- “Poor me”; playing the martyr; the saint
- Represses competition or dominance
- Represses rage, anger, hostility, temper tantrums

Moving Toward People
<table>
<thead>
<tr>
<th>MOVING AGAINST PEOPLE</th>
<th>MOVING AWAY FROM PEOPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“THE EXPANSIVE SOLUTION”</strong></td>
<td><strong>“THE SOLUTION OF RESIGNATION”</strong></td>
</tr>
<tr>
<td>➢ Machiavellian, likeable facade</td>
<td>➢ Attitude of “I don’t care about anything”</td>
</tr>
<tr>
<td>➢ Needs control, dominance and power</td>
<td>➢ Emotionally flat</td>
</tr>
<tr>
<td>➢ Exploits others</td>
<td>➢ Self-sufficient; unassailable</td>
</tr>
<tr>
<td>➢ Self-worth derived from success and prestige</td>
<td>➢ Counterdependent (need to never be dependent on anyone)</td>
</tr>
<tr>
<td>➢ Chooses a partner to enhance prestige, wealth, or power</td>
<td>➢ Belittles own potential</td>
</tr>
<tr>
<td>➢ Identifies with the ideal self</td>
<td>➢ Lacks goals</td>
</tr>
<tr>
<td></td>
<td>➢ Overly sensitive to coercion or advice</td>
</tr>
<tr>
<td></td>
<td>➢ Vacillates between despised real self and ideal self</td>
</tr>
</tbody>
</table>

**TABLE 5.3: Harry’s Three Neurotic Solutions**

1. **Self Effacing Solution: The Appeal of Love (“The Compliant Personality”)**
   - “Moving toward” people
   - Morbid dependency; the need for a partner (friend, lover, or spouse)
   - “Poor little me”; feeling of being weak and helpless
   - Self-abnegation: assumption that others are superior
   - Marathons: sacrifice and suffering for others
   - Need for love: desire to find self-worth in a relationship

2. **Expansive Solution: The Appeal of Mastery (“The Aggressive Personality”)**
   - “Moving against” people
   - Narcissistic in love with idealized self-image
   - Perfectionism; high standards
   - Autocratic: pride and strength
   - Need to be right to win a fight or competition
   - Need for recognition to be admired

   - “Moving away from” people
   - Permanent resignation and lack of striving; the rejection of effort and change
   - Reluctance against commitment or influence: the desire for freedom
   - Shallow: living an uninvolved, detached existence
   - Shallow: detached from emotional experiences
   - Self-sufficient and independent: uninvolved with people
   - Need for privacy: keeping others outside the magic circle of the self

(Adapted from Maslow, 1993)
Healthy Versus Neurotic Use of Interpersonal Orientations

**TABLE 6.3** Henley-Coolidge Measure of Interpersonal Orientations: Facets and Sample Items

<table>
<thead>
<tr>
<th>Orientation</th>
<th>Sample Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Compliance Scale</td>
<td></td>
</tr>
<tr>
<td>altruism</td>
<td>“I like to help others.”</td>
</tr>
<tr>
<td>need for relationships</td>
<td>“I feel better when I'm in a relationship.”</td>
</tr>
<tr>
<td>self-assessment</td>
<td>“I am self-sacrificing.”</td>
</tr>
<tr>
<td>2. Aggression Scale</td>
<td></td>
</tr>
<tr>
<td>malfeasance</td>
<td>“Negatives make me angry.”</td>
</tr>
<tr>
<td>power</td>
<td>“I like to be in control.”</td>
</tr>
<tr>
<td>strength</td>
<td>“I test myself in fearful situations to make myself stronger.”</td>
</tr>
<tr>
<td>3. Detachment Scale</td>
<td></td>
</tr>
<tr>
<td>need for aloneness</td>
<td>“I prefer to be alone.”</td>
</tr>
<tr>
<td>avoidance</td>
<td>“I avoid questions about my personal life.”</td>
</tr>
<tr>
<td>self-sufficiency</td>
<td>“I don’t really need people.”</td>
</tr>
</tbody>
</table>

Healthy: uses all orientations  
Neurotic: overemphasizes one orientation

**Neurotic Trends**

- Disproportionate in intensity
- Indiscriminant in application
  - Everyone must love me; I must be better than everyone; etc.
- Disregard for reality
- Intense anxiety if not satisfied
MAJOR ADJUSTMENTS TO BASIC ANXIETY:

- ECLIPSING THE CONFLICT
- DETACHMENT
- THE IDEALIZED SELF
  - ALIENATION FROM THE REAL SELF
  - THE TYRANNY OF THE SHOULD
- EXTERNALIZATION

SECONDARY ADJUSTMENT TECHNIQUES:

--blind spots
- compartmentalizing
- rationalization
- excessive self-control
- arbitrary rightness
- elusiveness
- cynicism

CULTURAL DETERMINANTS OF DEVELOPMENT

GENDER ROLES

- ACHIEVEMENT
- SOCIAL DOMINANCE
- VALUING THE FEMININE ROLE
  - WOMB ENVY
- MENTAL HEALTH AND GENDER ROLES
CULTURAL DETERMINANTS OF DEVELOPMENT

Cross-Cultural Differences

- Individualism
- Collectivism

THERAPY

Self-Analysis

✓ Personal Journal

PARENTAL BEHAVIOR AND PERSONALITY DEVELOPMENT

Parental Indifference: The “Basic Evil”

- Coldly indifferent
- May be openly hostile, rejecting the child
- Child feels unwanted and unloved
- Caused by the parents’ own neuroses
The Relational Approach Within Psychoanalytic Theory

- Relational Approach
- Object Relations
The Sense of Self in Relationships

- Early relationships
- Sense of self

Narcissism

- Narcissistic Personality Disorder
- Self-esteem
ATTACHMENT IN INFANCY AND ADULthood

- Infant Attachment
- Adult Attachments and Relationships
  - Secure
  - Avoidant
  - Anxious-ambivalent
- Longitudinal Studies of Attachment

Ainsworth’s Description of Infant Temperament Types Compared with Horney’s Model of Interpersonal Orientations

<table>
<thead>
<tr>
<th>Infant Type</th>
<th>Infant Behavior</th>
<th>Horney’s Interpersonal Orientation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type A</td>
<td>Revises being comforted</td>
<td>Moving Away</td>
</tr>
<tr>
<td>Type B</td>
<td>Securely attached</td>
<td>Balance of the three Interpersonal Orientations</td>
</tr>
<tr>
<td>Type B_2</td>
<td>Comforted by mother</td>
<td>Moving Tense</td>
</tr>
<tr>
<td></td>
<td>Explorers new environment</td>
<td>Moving Toward</td>
</tr>
<tr>
<td>Type C</td>
<td>Ambivalent toward mother</td>
<td>Moving Against</td>
</tr>
<tr>
<td></td>
<td>Shows anger toward strangers</td>
<td></td>
</tr>
</tbody>
</table>

A Model of Adult Attachment Styles

<table>
<thead>
<tr>
<th>High Anger</th>
<th>Low Anger</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Dependency</td>
<td>Resistant-ambivalent attachment style (compare to Horney’s description of conflict between achievement and love, that is, moving against and moving toward)</td>
</tr>
<tr>
<td>Low Dependency</td>
<td>Hostile attachment style (compare to Horney’s moving against orientation)</td>
</tr>
</tbody>
</table>

(Adapted from하는, 텍치. 1992. The comparisons with Horney’s theory are added.)
Parenting

- Emotional state
- Research and clinicians

Therapy

Opportunity for transformation of old maladaptive relationship patterns to new, healthy ones
CHAPTER REVIEW

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